

Chronic painful post-injection flexor carpi radialis ruptures treated by complete tendon excision

Objective

To determine the efficacy of complete tendon and pseudotendon excision for this rare clinical presentation

Methods

Four patients

- Males 56 – 59 years of age
- Right dominant FCR complete rupture
- 6 – 12 months after
- 1 – 2 corticosteroid injections

Examination findings

- Palpable tender mass retracted 6 cm proximal to wrist crease
- Palpable cord of pseudotendon formed in sheath
- Painful tethering in grip and extension by pseudotendon
- Pre-operative mean DASH = 35 (23 – 47)

Treatment

- Complete excision of pseudotendon and ruptured FCR tendon stump back to muscle

Results

Complete relief of original symptoms

- Post-operative mean DASH = 3

Conclusion

Surgical excision of both the pseudotendon and ruptured tendon stump eliminated the painful tethering and resulted in complete symptomatic relief

References

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